

MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	
Monthly flying-hour contract	100.8
Hours flown	120.0
Monthly offset	19.2
33rd Rescue Squadron	
Monthly flying-hour contract	184.0
Hours flown	190.5
Monthly offset	6.0
909th Air Refueling Squadron	
Monthly flying-hour contract	438.0
Hours flown	374.6
Monthly offset	-63.4
44th Fighter Squadron	
Monthly sortie contract	370.0
Sorties flown	225.0
Monthly offset	-145.0
67th Fighter Squadron	
Monthly sortie contract	382.0
Sorties flown	311.0
Monthly offset	-71.0

Source: 18th MOSMXOOP, as of April 26

THE KADENA

SHOGUN

Vol. 19, No. 16

Kadena Air Base, Japan

Friday, April 29, 2005

WEEKEND WEATHER

TODAY: Mostly Cloudy  
VRB winds @ 6-10 knots  
High: 81 Low: 70

SATURDAY: Mostly Cloudy  
SW winds @ 8-12 knots  
High: 81 Low: 72

SUNDAY: Mostly Cloudy  
with Isolated Rainshowers  
SW winds @ 15 knots  
High: 82 Low: 72

FRIDAY MORNING'S  
COMMUNITYBANK  
EXCHANGERATES  
BUYING: \$1=¥103 SELLING: ¥108=\$1

# Reaching out

## 18th Wing completes Japanese bilateral training

By Maj. Veronica Kemeny  
18th Wing Public Affairs

Kadena and Tyndall Air Force Base pilots concluded two weeks of flight training teaching Japanese Air Self Defense Force F-15 pilots the skill of air-to-air refueling today.

Since April 17, four U.S. and 16 Japanese fighter crews have worked side by side daily at Nyutabaru Air Base on the southern mainland island of Kyushu. The loud roar of F-15 jets was heard day and night as Japanese pilots, under the watchful eyes of Americans in the back seats, took to the sky to hook up with Kadena KC-135 Stratotankers over the Pacific Ocean.

"The goal of this training is to help [Japanese airmen] learn techniques and procedures so they'll become proficient at air refueling," said Maj. Brian Kelly, an F-15 pilot and chief of fighter operations for joint/bilateral exercises at 5th Air Force headquarters at Yokota Air Base, Japan. "This program also strengthens the foundation of interoperability, which is fundamental to effective combined operations such as bilateral training exercises as well as increasing our effectiveness to operate together for the homeland defense of Japan."



Courtesy photo

Maj. Malcolm Kemeny looks on as a Japan Air Self Defense Force F-15 lines up to receive fuel from a 909th Air Refueling Squadron Stratotanker. For the past two weeks, pilots and aircrews from Kadena's 67th Fighter Squadron, 909th Air Refueling Squadron and 961st Airborne Air Control Squadron conducted bilateral training with JASDF pilots.

"This [was] a great opportunity for both our forces to work together," said Japanese Lt. Col. Hiroyuki Watanabe, 203rd Tactical Fighter Squadron commander at Chitose AB, Japan. "We have very experienced pilots, but aerial refueling is something new to us. We're very excited to

learn."

After performing satisfactorily with U.S. instructor pilots in the back seat, the students were cleared to fly solo to the tankers. The process was repeated again at night.

"The American pilots are very good," said Japanese Capt. Tomoda Kaname, an F-

15 pilot. "They have a lot of experience in real combat."

The biggest challenge for Japanese forces was the language, he said.

"We make sure we use standard terms. We use simple words. We choose our language carefully," said Maj. John Ferry, an F-15 pilot from

the 2nd Fighter Squadron at Tyndall AFB, Fla.

"Normally during flight, pilots talk to one another, but during training here both U.S. and Japanese aviators tend to be quiet to avoid distraction," he said.

But the Japanese crews had a very high level of proficiency and interest in how U.S. pilots employ tactics, said Capt. Tony Dicarolo, an F-15 pilot from the 67th FS at Kadena.

"They don't miss the opportunity to ask questions," he said. "They have a constant quest for knowledge."

Maj. Malcolm Kemeny, one of the instructor pilots from Kadena, said air refueling is a relatively tense and complex operation that takes time to learn, but the JASDF pilots were quick to catch on.

Major Kemeny added that Kadena's tanker pilots and boom operators were superb and integral to the success of the training.

This is the third time U.S. and Japanese pilots have trained together since 2003. Last month, Japanese airmen observed air-to-air refueling firsthand while riding in the back seat of 67th FS F-15s during a familiarization week at Kadena.

Master Sgt. Val Gempis, Air Force News, contributed to this story.

## 18th WG commander challenges Airmen to change alcohol culture

By Senior Airman Anna Fitzhorn  
18th Wing Public Affairs

Next time you decide to drive home after having a few beers, remember to rip the stripes off your uniform and hand the military a check for \$7,000 before opening your car door.

Sound like a good plan? Well, it's as good a plan as driving home after drinking because the risk is the same—losing stripes, forking over a large chunk of your paycheck, and possibly even imprisonment.

To raise alcohol awareness and prevent the rising number of alcohol-related incidents at Kadena, the 18th Wing commander hosted six Airmen's calls Tuesday and Thursday at the Keystone Theater, including two at 11 p.m. for the swing and graveyard shifts.

"Statistically, the people most likely to get in

trouble from alcohol-related incidents are our young airmen—males and females, ages 18 to 25," explained Brig. Gen. Jan-Marc Jouas, 18th Wing commander, "but the target audience is all of us—airmen, NCOs, officers, family members, [Department of Defense Dependents Schools], [Army and Air Force Exchange Service]—all of us."

This year alone, Kadena has had 31 driving under the influence incidents compared to 92 total DUIs in all 2004, and that has base leadership concerned.

Team Kadena is already surpassing the number of overall alcohol-related incidents for the last five years, said General Jouas. "We are on pace to have more than 200 incidents by the end of this year."

To help curb the number of incidents, the E-1s through E-4s at the briefings were presented with statistics ranging from on- and off-base breath alco-

hol legal limits to the average cost of a DUI.

Airman 1st Class Richard Flores, 44th Aircraft Maintenance Unit avionics systems apprentice, said it never occurred to him that the BAC limit would be dropped overseas, and he was surprised at the .03 percent breath alcohol content limit off-base. "I didn't realize it was so low," he said. "That's only one drink."

On base, .05 percent will earn a driver a letter of reprimand, and two or three drinks will bring most people to the .08 percent BAC that is legally considered driving under the influence.

Although breath alcohol limits are low, the penalties for drinking and driving can be very high. Last year, 91 Articles 15 were given, 52 stripes were taken, and more than \$32,000 was collected in fines.





# Character: essential to good leadership

By Col. James Cutter  
18th Wing Chaplain

"What goes TDY..." how would you complete this sentence?

If you answered, "Stays TDY," you have missed an important component of leadership. What one does TDY or when no one is watching is a reflection of their inner convictions and values.

This is important for a leader because people will follow and respect a leader they can trust. Furthermore, they can only trust a leader they believe will make the right decision, even if it is not the

popular decision. People gain confidence their leader will make the right decision by observing that leader's actions everyday.

People intuitively understand that a person who cannot be trusted with the little decisions of life cannot be trusted with the big decisions either. So they watch their leaders and silently draw conclusions that either the leader is going to take care of his troops or take care of himself at the expense of his troops.

A person who cannot discipline himself or herself to do the right thing, even when no one else is watching, cannot

be trusted to perform selflessly in the face of temptation, danger or human tragedy. In essence, a person who cannot perform selflessly cannot be trusted to lead others.

General H. Norman Schwarzkopf once said, "Leadership is a potent combination of strategy and character. But if you must be without one, be without strategy." Above all other pursuits, seek to be a person with great character.

But how do we actually go about building our character?

If your goal is to grow in character, begin today living like the person you want to

become, set high standards and develop goals to reach them, and find one other person who will hold you accountable for your actions and decisions. By making little changes now, you build a solid foundation for future actions and decisions.

This brings me back to my original question. The correct answer is, "What goes TDY demonstrates the depth of your character." So, next time you're tempted to do something you normally wouldn't do, remember, there will always be at least one person present who knows who you really are.



It has been...

## 7 days

since the last DUI arrest on Kadena.

A technical sergeant from the 18th Operations Support Squadron was recently convicted for driving while intoxicated Feb. 5 with a breath-alcohol content of .174 percent. He was demoted to staff sergeant, received a \$1,000 fine, and given a reprimand.

# Senior NCO recounts family DUI tragedy

By Master Sgt. Kimberly Spencer  
59th Medical Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas - I tell myself I won't cry this time.

It's been almost six years since my brother was locked up for vehicular manslaughter. As I sit and wait for him to be released into the visiting area, I remind myself, I will be strong, I will not cry this time.

I'm thankful that he somehow survived the wreck he caused but I deal with the guilt that comes when I think of the mother and daughter in the other car who didn't.

For my mother and stepfather, the emotional and financial tolls have been devastating. Although he is one of six children, he is my mother's only son.

For my sisters and me, it has been an emotional roller coaster. Some of us have

forgiven him and support him to the best of our ability. Others choose to pretend he no longer exists.

I try to visit him at least once a month. The 12-hour drive gives me time to think.

I think about how this event has devastated so many lives; how that split-second decision, to get behind the wheel, has turned into a lifetime of pain.

In his intoxicated state, my brother never realized he had forgotten to put his lights on as he pulled out into the path of a car holding a family of five. They didn't see him until it was too late.

T.C. finally arrives and checks in with the guards. This is when I feel the happiest, finally getting to see my baby brother again. I hug him briefly as a meaty-looking guard frowns.

We sit across the table from one another and chat. We've learned to keep

it light, talking about something interesting he has read, or how work is going for me. I try to update him on family events without dwelling on the things he is missing too much.

Before I know it, the guard is giving us the five-minute warning. This is where it gets tough for me. I hug him hard, holding on despite another frown from the meaty guard. Inevitably, he pulls away and heads for the door back to his cell. As he turns to look at me one last time, and I see the sadness in his eyes, I feel the tears melting my resolve.

Slowly I make my way back to the outside, through the stale air, past the clanking metal doors running on molasses.

As I exit the last door, I give up and let the tears fall.

Next time I will be strong, I tell myself. I won't cry -- next time.

I've got 54 years to see if I can do it.

## ACTION LINES

E-mail: 18wg.cchotline@kadena.af.mil



Brig. Gen. Jan-Marc Jouas  
18th Wing commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

## Protecting your identity

**I was just wondering what the policy is regarding signatures on debit cards. All of the restaurants and fast food places on base do not require a signature on the receipt when using a debit or even credit card. Most of the time, cashiers don't even ask for identification. So, basically, anyone can take my debit or credit card and use it at any fast food restaurant that accepts debit or credit cards. I find this very careless since credit card fraud is at an all-time high. I hope something can and will be done about this.**

It's an AAFES corporate decision not to require signatures on credit transactions

under \$25 in food facilities. You may be surprised to find out that there is also no requirement from credit card companies to ID credit card users at the point of sale; however, AAFES does spot-check IDs at the larger stores. In our debit and credit world, charge cards are used at many business locations without salesperson interaction (e.g., at gas pumps and on the internet), and so many transactions require a confidential PIN as a security precaution. This convenience requires you to be careful with your charge cards. The advice from security and privacy experts to those who use any type of card is to protect it like cash, to shred all receipts and bank statements before discarding in the trash, and to report lost cards immediately.



## SHOGUN WARRIOR OF THE WEEK



Tech. Sgt. Eric Frongner

1st Special Operations Squadron, MC-130H Flight Engineer

Hometown: Oxnard, Ca.

Reason for nomination: Sergeant Frongner's attention to detail, strong work ethic, and solid grounding in the Air Force core values makes him a valued asset in the squadron.

Time at Kadena: 1 year, 4 months

Editor's note : *Shogun Warriors* are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.



18th Wing Commander...Brig. Gen. Jan-Marc Jouas  
Public Affairs Chief.....Maj. Michael Paoli  
Deputy Public Affairs Chief.....Capt. Carlos Diaz  
PA Superintendent.....Master Sgt. Adam Johnston

### Kadena Air Base Editorial Staff

Internal Information Chief...1st Lt. Gerardo Gonzalez  
Shogun editor.....Staff Sgt. Jason Lake  
Staff writer.....Senior Airman Anna Fitzhorn  
Staff photographer.....A1C Stephanie Sinclair

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**DON'T DRINK AND DRIVE:** Did you know -- Approximately one out of every 130 licensed drivers in the United States is arrested for drunken driving every year. Plan ahead or call Airmen Against Drunk Driving at 634-2233.


**ENERGYCONSERVATIONTIP:** With longer and warmer days ahead for us, use a clothesline when weather permits instead of a dryer. In military family housing, this can amount to \$1 million a year in electrical savings.

**HIGHSCHOOLGRADUATIONSALE:** Buy a Persian rug **Saturday** and **Sunday** from 10 a.m. to 5 p.m. at the Kadena High School cafeteria to benefit the Kadena High School Project Graduation.

**MILITARY SPOUSE APPRECIATION:** The Family Support Center will hold an interactive military spouse information fair to celebrate Military Spouse Appreciation **May 13** from noon to 4 p.m. at the Rocker NCO Club ballroom. All branches of military spouses are welcome to attend. There will be various helping agencies with information on diet and exercise, health and beauty tips, stress management, and numerous services on island. Call the Family Support Center at 634-3366 for more information.

**SPECIAL OLYMPICS VOLUNTEERS NEEDED:** The Kadena Special Olympics is an intercultural program hosted by the 18th Wing involving mentally and physically chal-

## A smokin' donation



Air Force/Chiaki Iramina

**Brig. Gen. Jan-Marc Jouas, 18th Wing commander, high fives Smokey the Bear Monday after accepting a \$6,335.21 check for the Kadena Special Olympic Games. Firefighters and other volunteers from the 18th Civil Engineer Squadron collected donations at the commissary and base exchange April 16 to support the annual event, which will be held June 18.**

lenged athletes and their families. Interpreters and volunteers are needed to escort the athletes and families, assist in serving lunch, explain the rules of the games, and cheer on the athletes during events. For any questions or to volunteer, contact Chiemi Karimata, 18th Services Squadron, at

634-1197 or 090-9781-7552.

**LEGAL BRIEFINGS:** Legal readiness briefings will be conducted at the Kadena Legal Office, Bldg. 15, at 9 a.m. and 2 p.m. every Friday. Visit the legal Web site at <https://Irp.hickam.af.mil> to create a user account prior to attending the

briefing.

**COLLEGEGRADUATION:** The Community College of the Air Force graduation will be held **May 6** at 2 p.m. at the Rocker NCO Club and is open to the public. A practice will be held May 5 at 2 p.m.

**BLOOD DRIVE:** The U.S. Naval Hospital will hold a blood drive **May 6** from 9 a.m. to 1 p.m. at the 18th Maintenance Squadron (Bldg. 3660). Call Tracy Parmer at 643-7710 for more details.

**VOLUNTEERATTHED CROSS:** Volunteer positions are available at the Kadena Red Cross. Contact Juanita Gordon at 634-1979 for volunteer opportunities and orientation dates.

**POWEROUTAGE:** A power outage is scheduled for May 11 from 8:00 a.m. to 6:00 p.m. The buildings below will be affected. Unit members should plan duty schedules accordingly and take actions to protect equipment as needed. The affected buildings are: 302, 322-325, 328, 329, 331, 334, the chiller unit at 334, 451, 502, 507, 521, 522, 1918-1920, 2068-2079, 5355-5358, 5401, 5403, 5405, 5419, 5424, 5437-5457, 5500-5507, 5510-5520, 5539, 5540, 5541, 5543, 5545, 5547, 5549-5554, 7402, 7403, 7406, 85502, 85512, 85518-85519, 85547, CATV(TESM5) and the traffic light near building 451. Call Staff Sgt. Michael Sale or John Pappo at 634-2827 for more information.





Air Force photos by Airman Gary Edwards

## 18th Operations Group hosts career day

(Clockwise from above)

**HELMET:** Keven Rankin (right) tries on a helicopter pilot helmet while his friend, William Boyce, waits his turn during a tour of the 33rd Rescue Squadron Tuesday. More than 150 seventh graders from Kadena Middle School toured the 44th Fighter Squadron, 33rd RQS, 909th Air Refueling Squadron, and 961st Airborne Air Control Squadron as part of the class' career day.

**COCKPIT:** 1st Lt. Patrick Giggy, 44th Fighter Squadron pilot, briefs James Miller, 12, about the different controls in the cockpit of an F-15.

**BOOM VIEW:** Kadena Middle School seventh graders look up into the boom operator's window of a KC-135 Stratotanker to get a glimpse of what pilots see while they are being refueled.



## CALL

Continued from Page 1

Perhaps a demotion to airman from airman first class in addition to a fine doesn't seem like that much, but here's how it all added up for one airman.

The base pay difference between an airman first class and airman is approximately \$70, but it took that airman 10 months to get back up to airman first class, which totals more than \$700. What's more, it took the airman 30 extra months to put on senior airman, when he could have been a senior airman already, making the total pay loss more than \$6,000. Add the punishment of half pay for two months, and the cost rose close to a \$7,000 loss for a former airman first class.

Some Airmen can attest to an even worse punishment. This year four were taken to court. In addition to demotion, fines and confinement, all are being discharged. General Jouas explained that, under the circumstances, that's bad news.

"When we discharge someone for cause, it is usually a general discharge," he said. "There is no GI bill, no educational benefits."

The general also explained that in the United States, it will cost roughly an extra \$2,000 per year in car insurance for a DUI conviction, on top of thousands of dollars already forfeited in lost pay and fines. He added, "A DUI conviction will follow you wherever you go for the rest of your life."

Loss of stripes, an Article 15 and a possible discharge aren't the only possible punishments an Airman can receive. Other punishments include being restricted to base, a one-year suspended license and extra duty. Further impacts include, at the very least, a disappointed family.

Those attending the briefing listen as a fellow Kadena Airmen, through a video shot

from the Camp Hansen Brig, related his first-hand story of several bad decisions and the hard consequences that followed. He was supposed to be the best man at a friend's wedding and attend a family reunion, but instead is currently serving an eight-month sentence for DUI.

The 21-year-old Airman said he was caught driving the short distance from Chili's to dorm 700. Because it was his second DUI offense, he was demoted to airman basic, received eight months confinement, fined two-thirds his base pay for eight months, and handed a bad conduct discharge. "It's not worth it," he repeated several times.

"One of the things that struck me about the video is that he talks about his friends being there for him at the court martial," said General Jouas. "Where were they the night he drove drunk? Where were his wingmen?"


"But while all these possible punishments may seem like a terrible price to pay, the real cost of drinking and driving is much more permanent." More than 70 percent of all deaths for people ages 18 to 25 are from motor vehicle accidents, and over 40 percent of those involve alcohol.

"That's the real cost," said the general. "That's why DUI is a crime, and why we take it so seriously."

Airman Flores said he thought the wing commander was very direct and sent a very powerful message. "It really made me think," he said. "I'm not going to ever get a DUI."

General Jouas ended the briefing by saying, "I'm not here to tell you not to drink. I'm here to tell you that if you're over the legal age and choose to drink, drink responsibly. Slamming a 12-pack is not drinking responsibly. Getting in a car after drinking is never responsible."

"Make the right choices, and take care of your wingman."



### ROAD TAX 2005

Base residents can pay their 2005 Japanese Road Tax from May 16 to 26 at the Koyelone Theater from 9:30 a.m. to 3:30 p.m. The Japanese Title, JCI and American Insurance, 2004 Road Tax receipt, DD Form 430 (Military Registration), and Vehicle Registration Questionnaire are required for processing. All taxes must be paid in yen. Upon payment of the tax, the new decal will be placed on vehicles. All vehicles without a new decal after June 1 will be stopped. Drivers without a tax payment receipt will be cited and restricted from using their vehicle until the tax is paid. For more information, visit the Joint Vehicle Registration Office's Road Tax Web site at: [www.mcbiber.usmc.mil](http://www.mcbiber.usmc.mil).

PHASE 1	冲縄50	3000
<ul style="list-style-type: none"> <li>Mini-car: ¥3,000</li> <li>Motorcycles: ¥1,000 unless the motorcycle is less than 125 cc's. The tax payment for a small motorcycle is ¥500.</li> <li>Mini-car and motorcycles taxes must be paid at Japanese city offices from 8:30 a.m. to noon, or from 1 to 5 p.m.</li> </ul>		
PHASE 2	冲縄44	¥7500
<ul style="list-style-type: none"> <li>Passenger cars, vans and trucks with 44, 400, 51-59, 77, 78, 500 category license plates with engine displacements between 600cc and 2000cc: ¥7,500.</li> </ul>	冲縄400	¥7500
	冲縄51-59	¥7500
	冲縄77&78	¥7500
	冲縄500	¥7500
<ul style="list-style-type: none"> <li>Vehicles with 33 or 300 category license plates with engine displacements from 2,000cc to 4,500cc: ¥19,000.</li> </ul>	冲縄33 & 300	¥19,000
	冲縄33 & 300	¥22,000
<ul style="list-style-type: none"> <li>Passenger cars with 33 or 300 category license plates and engine displacements in excess of 4,500cc: ¥22,000.</li> </ul>		
<ul style="list-style-type: none"> <li>Special use vehicles with 11, 100, 88 or 800 category license plates: 32,000 yen.</li> </ul>		



# 390th IS marches to unique beat

By 1st Lt. Gerardo Gonzalez  
18th Wing Public Affairs

Balancing support for the war on terror while conducting real-world surveillance in the Pacific is the responsibility of Airmen assigned to a unique and diverse unit that has called Kadena home for nearly 40 years.

The men and women of the 390th Intelligence Squadron launch their RC-135 Rivet Joint aircraft regularly from Kadena to gather real-world intelligence while maintaining readiness to deploy the old fashioned way—with little or no notice.

"We're a low density, high-demand asset," said Lt. Col. David Landfair, 390th IS commander.

Unlike other Air Force organizations, the 390th does not benefit from the deployment predictability provided by the Air Expeditionary Force cycle, said the commander. High demand for the unit means they deploy where needed, when needed.

"We have to be ready all the time," said Colonel Landfair about his squadron, which rotates Airmen in and out of Southwest Asia frequently to assist in Operations Iraqi and Enduring Freedom.

"Our unit members deploy without mass outprocessing lines," said Tech. Sgt. Ray Savoy, the unit deployment manager. "There can be no 'hiccups'...we have to have the individuals ready and on their way."

As an Air Combat Command unit reporting directly to the 55th Wing at Offutt Air Force Base, Neb., the 390th shares in the increased responsibilities of intelligence gather-



Digitally enhanced photo by Airman 1st Class Stephanie Sinclair  
**Tech. Sgt. Aaron Mumphrey, 390th Intelligence Squadron communications specialist, works on data processing equipment inside an RC-135 Rivet Joint aircraft.**

ing aircraft in a post 9-11 world. The weight of the squadron's daily operations tempo has increased greatly.

"It's like if someone gives you a 100 pound backpack to carry for a specified distance, then after a while they replace it with one twice as heavy and tell you to carry it...forever," said Maj. John Shirley, director of operations for the 390th. "That's become the standard."

According to Major Shirley, a 390th jet logs around 20 to 30 hours of flight time per week, a higher rate than many other Air Force platforms.

"Every mission we fly is real-world," said Master Sgt. Jeff Johnson, 390th IS mission management NCOIC, "and we're operational 365 days a year."

Mission weight for the 390th is carried by a diverse

group of Airmen from a wide range of career fields, including cryptologic linguists, security forces, civil engineers, logistics specialists, and more.

"We have troops from about 35 different Air Force Specialty Codes assigned," said Major Shirley. The nature of the job demands an intense and lengthy certification for some of the AFSC's, such as the linguists.

"Our [enlisted] flyers have almost three years in the Air Force before they see their first duty station," said Sergeant Johnson. "The initial training pipeline is so long that most people are staff sergeants by the time they finish."

But the aircrew members are just part of the puzzle for the 390th mission.

"Every single job in this

squadron is important," said Colonel Landfair. "Along with our sister squadron, the 82nd Reconnaissance Squadron, we have quite a team and each individual member is critical to our success."

Though the 390th seems to march to its own beat, its members stay well engaged with base happenings.

"Our people are well integrated into the base community," said Sergeant Johnson. "They volunteer to be [Airmen Against Drunk Driving] drivers, participate in wing fitness events, and excel in professional military education."

"It speaks to the caliber of the people we have," said Major Shirley. "They're highly capable people that have been doing the job well for years...all for the love of the game."

## Fluoridation project work in progress

By Senior Airman  
Anna Fitzhorn  
18th Wing Public Affairs

Although a project to fluoridate Kadena's water was completed two years ago, officials said earlier this week that they've been unable to establish optimal fluoride levels due to the positioning of the fluoride pumps in the base water system.

"The 18th Medical and Civil Engineer Groups are working on a plan to place the fluoride pump in a better position in our water system," said Capt. (Dr.) Jeffrey Moeller, 18th Dental Squadron. "At present, the plans are being drawn up and we are looking for financing to accomplish the task."

Captain Moeller said there is trace amounts of fluoride presently in the Kadena water supply, though water is not fluoridated off base.

However, this concentration is less than optimal for the prevention of tooth decay as defined by the American Dental Association and the American Academy of Pediatric Dentistry.

Until the project is complete, officials advise Kadena members concerned with the lack of fluoride to talk to their dentist if they have questions about supplements or fluoride exposure.

"Kadena members can get fluoride supplements through toothpastes including fluorides, fluoride mouth rinses, professionally applied fluoride gels and, optimally, fluoridated water," said Captain Moeller.

Members can buy fluoridated water at the commissary in gallon containers or smaller bottles. The commissary and base exchange also carry mouth rinses with additional fluoride content.

The dentist also warns Team Kadena that it is possible to ingest too much fluoride, which can discolor teeth in children.

"We feel parents should talk with their child's pediatric dentist or pediatrician prior to prescribing fluoride supplements," he said. "There is fluoride in a variety of products we consume and it would be best to find out just how much the patient is taking so we do not exceed optimal levels."

**BEEN WORKING  
HARD?**

LET US SHOW YOU SOME THANKS

**JUNIOR ENLISTED  
APPRECIATION DAY**

**MAY 6 @ MAREK PARK**

**NOON TO 5 P.M.**

**PRIZES • FREE FOOD • FUN**

**FOR ALL KADENA AIRMEN E-6 AND BELOW AND THEIR FAMILIES**



# Kadena celebrates EARTH WEEK



Walter Wilent takes a break from gardening at the Niko Niko Child Development Center to pose for the camera Saturday. Children from the Niko Niko CDC preschool class three celebrated Earth Day by planting mustard and radish seeds, and pulling weeds and rocks from the CDC's garden.



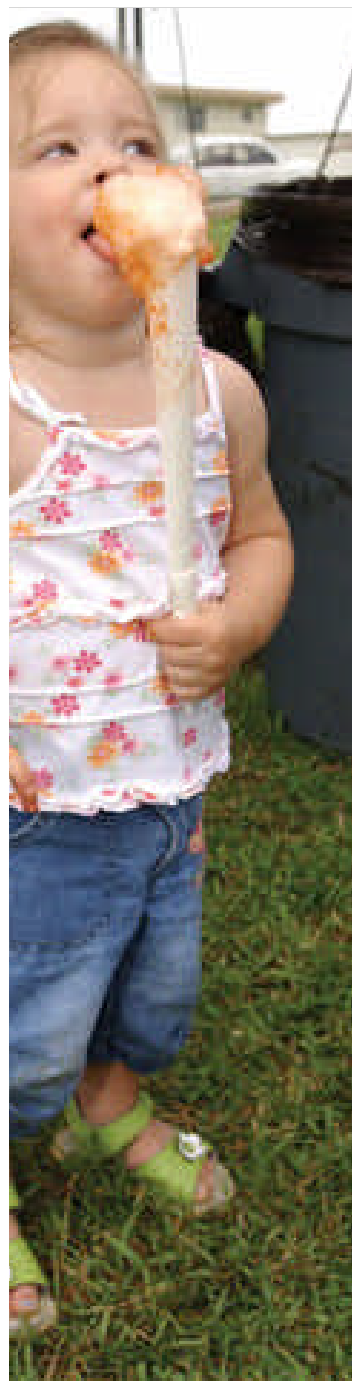
Air Force/Airman 1st Class Stephanie Sinclair Two-year-old Emily Coates tries to throw a hula hoop around a bucket with the help of her father, Petty Officer 1st Class Chris Coates, during the 18th Services Squadron's Earthfest 2005 at Marek Park Saturday.

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Squadron's  
day. More th  
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cancel plann



Senior Airman Jason Davis, 82nd Reconnaissance Squadron, reaches for a rock during a clean-up of the Sunabe Seawall part in the event to celebrate Earth Week.





Force/Airman 1st Class Stephanie Sinclair  
to eat during the 18th Services  
festivities at Marek Park Satur-  
ple came out to celebrate Earth  
er forced officials to pack up and



Air Force/Airman 1st Class Stephanie Sinclair  
Colby Curtis (right), 19 months, pulls ducks out of a bucket to win a prize during Earthfest at Marek Park. The 18th Services Squadron hosted the event to raise environmental awareness and provide a way for people to participate in Earth Week.



Air Force/Airman 1st Class Stephanie Sinclair



Air Force/Staff Sgt. C.E. Campbell



Air Force/Staff Sgt. C.E. Campbell



Air Force/Tech. Sgt. Richard Freeland  
pen trash bag held by Staff Sgt.  
. More than 200 volunteers took

(Clockwise from above)  
Two-year-old Justin Barthold plays a car wash game during Earthfest while his father, Master Sgt. Joseph Barthold, Detachment 1, 554th Red Horse Squadron, cheers him on.

**RAINED OUT:** Kennady McNeill, daughter of Senior Master Sgt. Kenneth McNeill of the 18th Component Maintenance Squadron, plays in a puddle after 18th Services officials cancelled afternoon Earthfest activities due to heavy rain.

**OCEAN ART:** Earthfest participants glue pieces of coral together to make art during Earthfest Saturday at Marek park.



## The Okinawa Perspective

The following is a synopsis of articles that appeared recently in Japanese newspapers.

□ According to the Okinawa Prefectural Government, the local unemployment rate for March was eight percent - an increase of 6,000 people. The national average unemployment rate was 4.5 percent.

□ More than 500,000 tourists visited Okinawa last month, compared to 480,000 the same month last year. The number is a record high for March and matches the typical peak visiting month - August.

□ On April 25, a seven-car commuter train derailed and slammed two of its cars into an apartment building in Amagasaki, Hyogo Prefecture. More than 70 people were killed and 300 injured.

□ A great white shark caught in a fishing net offshore near Yomitan Village escaped earlier this week.

□ Japanese officials decided to extend the Self-Defense Forces' mission in the Indian Ocean to provide logistical support for U.S.-led antiterrorism operations for another six months beginning May 1.

□ Taiwan National Security Bureau officials said China was preparing to deploy land-based cruise missiles within striking distance of Taiwan Monday. The Taiwanese estimate China will have nearly 1,000 ballistic missiles set up within striking distance of Taiwan by next year.

□ Okinawa Prefectural Government Health officials said the Kyushu area in Okinawa has the highest number of HIV infections per 100,000 people. Currently, 35 people are infected with AIDS and another 35 people are infected with HIV. Okinawa's total population is 1.3 million.



Photos by Air Force/Airman 1st Class Stephanie Sinclair



## Cultural cookin'

About 12 military, civilian, and family members from Kadena watched a cooking demonstration and learned how to cook *yakisoba* in a class at the Working Women's Community Center in Okinawa City Tuesday. The class, hosted by the 18th Wing and Okinawa City Friendship Council, was led by local instructor, Keiko Asato (left photo, right).

## Making yakisoba

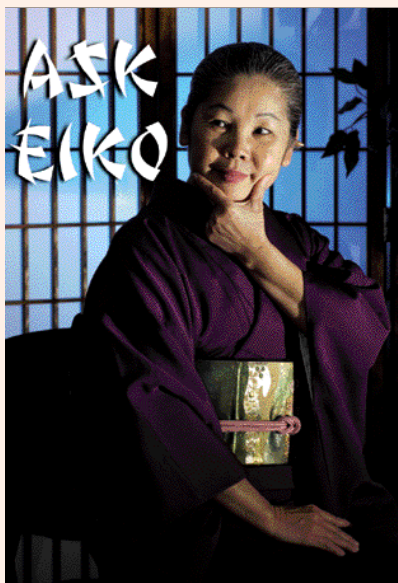
### Ingredients (five servings)

1 kg (a little over two pounds) *yakisoba* noodles or Chinese wheat noodle  
500g (one pound) cabbage  
300g bean sprouts  
300g sliced pork  
1 small carrot, onion, red paprika  
1/2 sheaf of leek  
4 tbsp olive oil  
1/2 cup worchester sauce  
2 tbsp ketchup  
2 tbsp Mirin (liquid seasoning made from rice sake)  
2 tbsp sake  
Aonori (green seaweed flakes)  
salt and pepper, red ginger

### Preparation

1. Rinse all vegetables with water.
2. Peel carrot and onion skin. Cut paprika in half and extract seeds. Slice carrot, cabbage, red paprika and onion. Chop leek in 2 cm strips. Cut pork in small pieces, if necessary.
3. Heat 4 tbsp olive oil in a large wok or skillet. Stir-fry the pork and add onions, carrots, cabbages and bean sprouts. Add *yakisoba* noodles and stir-fry well for approximately five minutes.
4. Sprinkle with salt and pepper. Add red paprika and leek. Add worchester sauce.
5. Place on a serving platter and sprinkle Aonori. Garnish with red ginger, if desired.
6. Enjoy your *yakisoba*

"Ask Eiko" is a forum for readers to ask Japanese cultural questions to Kadena's family support center's cultural awareness expert, Eiko Ishikawa. To submit a question, send an e-mail to: [kadenashogun.newspaper@kadena.af.mil](mailto:kadenashogun.newspaper@kadena.af.mil) with the subject line - ASK EIKO.



**Q : Do Japanese people have baby showers? If not, is there anything done before or after birth?**

**A :** As a general rule, Japanese do not hold baby showers. In fact, we don't normally celebrate the birth of a child until it reaches 100 days old. When I was growing up, I was told that this was because the mortality rate was so high during the actual birth and first couple of months, that it was bad luck to celebrate before there was certainty that the baby would survive.

Since that made sense to me, I believed it to be true and had not actually researched the actuality of that until this question was posed. The reality is that most historians and researchers have found this practice to be true throughout most of Asia - and for the same reasons. Although modern technology has dramatically improved the mortality rate, the custom of not celebrating until the 100th day after birth continues.

This does not mean that births are not celebrated.

Intimate friends and immediate family visit the house within the first week after birth. Japanese are required to name their newborn within seven days of birth, so the 7th day is a "name day" celebration. Since the family already has newborn clothing, small gifts of money or older age clothing are given.

It is highly unlikely that most Americans living on Okinawa will ever be invited to a baby's name day celebration, but you may be invited to the 100th Day celebration, which is known as the "first viewing day."

On this day, friends and extended family members formally visit the baby. In times past, each person brought a gift of salt (because that was the most precious commodity). The traditional gift now is an envelope with money.

One of the traditions associated with the 100th Day celebration is the first formal picture of the child. The picture is taken with the child naked, full frontal view so the sex is perfectly clear. Of course, with today's digital technology, most families have already taken hundreds of pictures of their new baby, but the 100th Day picture is still taken.

If you dig deep into the customs surrounding babies, you find many unusual customs, traditions and rituals that have come down through the centuries. For example, the first formal visit outside of the house for the newborn is to the temple or shrine so the child can be blessed. Boys are taken to the shrine on the 31st day after birth; girls on the 32nd day.

Another interesting custom is based on the Buddhist philosophy that the soul is not fully settled in the body until the third birthday. My husband says that helps explain the "terrible two's" which seem to cross all cultures; however, it is more serious than that to many Japanese families. Children who pass away before reaching the age of three are normally not placed inside the family tomb. That is why one will often see very tiny tombs placed adjacent to larger family tombs.

There are literally hundreds of rituals and practices related to preparing for the birth of a child, the actual birth setting, post birth activities, the passage through the life stages of youth, and the transition to adulthood. An examination of our national holidays and traditions reveals that a large percentage of them are directly related to celebrating these different aspects of growing up. Since youth are our future, we celebrate them as often as we can.



**Today**

**BALLROOM DANCE:** Join the Schilling Community Center from 5:30 to 6:30 p.m. for ballroom dance lessons.

**KUMON MATH:** Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**WELCOME TO THE NEIGHBORHOOD:** Join the Family Support Center for coffee every Monday through Friday from 10 a.m. to 2 p.m. at the Hershey Temporary Lodging Facility, Bldg. 437. The welcome center offers an informal setting to learn about the base and community. Newcomers can also visit the Loan Closet where departing and arriving families may borrow household items such as dishes, pots and pans, iron and ironing board, heaters, fans, transformers, infant car seats, strollers and much more by providing a copy of orders for check out. Call 634-3366 for more information.

**RUB-A-DUB REGGAE:** Join the Rocker NCO Club for a night of nothing but reggae from 9 p.m. to 3 a.m. in the lounge.

**THUNDER BOWL:** Join Emery Lanes for loud music and flashing lights while bowling from 10 p.m. to 1 a.m.

**DE'JA VU FRIDAYS:** Join the Rocker NCO Club for a variety mix with the Doctor from 5 to 9 p.m. followed by variety themes until closing.

**SPECIAL OLYMPICS ART CONTEST:** DoDD's students grades kindergarten through eighth are invited to design a cover for Special Olympics 2005. Entries will be accepted until April 30. Call 634-5078 for more information.

**VIRUS FRIDAZE:** Join the Banyan Tree Club for Flashback Friday with CNote from 5 to 10 p.m. followed by Coyote Ugly Virus.

**Saturday**

**SAX, FLUTE, CLARINET LESSONS:** One hour sessions from 9:30 a.m. to 6 p.m. at the Schilling Community Center for ages 5 and up. Call 634-1387 for more details.

**YUI MONORAIL AND KOKUSAI STREET TOUR:** Call ITT at 634-4322 for more information.

**MINIATURE WAR-GAMING:** Join the fun as miniature war-gamers gather to compete in an assortment of tabletop battles from 10 a.m. to 10 p.m. at the Schilling Community Center.

**TEENROCK DANCE:** Enjoy an evening filled with rock music from local rock bands from 7 to 10 p.m. at the Teen Center. Cost is \$4 for members and \$5 for nonmembers.

**PATCHWORK QUILTING CLASS:** Learn the art of machine patchwork quilting and discover how to make useful household items out of old clothing and fabric scraps from 9 a.m. to 5 p.m. Call 634-1387 for more details.

**EXPLORE THE NORTH TOUR:** Call ITT at 634-4322 for more information.

**KARAOKE CONTEST:** Watch a karaoke contest at the Rocker NCO Club for club members only from 9 to 11 p.m. in the lounge where winners will compete for a grand prize of \$500.

**SATURDAY NIGHT FEVER:** Join the Rocker NCO Club for Top 40 Variety hits from 9 p.m. until closing in the lounge and Karaoke Grand Finals in the ballroom at 8 p.m.

**BANYAN TREE:** Join the Banyan Tree Club for Kickin' it Country and R&B Dance Hits from 8 p.m. until closing.

**TABLETOP WARRIORS CLUB:** Join the Schilling Community Center for great tabletop gaming from 10 a.m. to 10 p.m. Games include Warhammer, Warhammer40K, Battletech, D&D, and Magic the Gathering.

**Sunday**

**POWER BOAT SAFETY COURSE:** Fishing season is just around the corner so

make sure you have your powerboat license by attending the power boat safety course at 9 a.m. (weather permitting) at Kadena Marina. Call the Kadena Marina Boating Office at 634-6541 for more information.

**DVD AND VIDEO SWAP:** Bring all those unwanted videos and movies to the Schilling Community Center ballroom and swap them for something better from noon to 2 p.m. Only pre-owned movies, no new or copied movies.

**RENT-A-LANE BOWLING:** Up to five bowlers can rent a lane at Emery Lanes for \$15 and bowl for 3 hours from 8 a.m. to 11 p.m.

**JUNE ARTS & CRAFTS SIGN-UP:** Grab the June arts and crafts schedule at the Arts and Crafts front counter and sign up for youth and adult classes. E-mail reika.kiyuna@kadena.af.mil or call 634-1666 for more information.

**BATTLE OF THE BANDS:** Sign up at the Schilling Community Center for Battle of the Bands III held May 29 at 1 p.m. at the Chibana baseball park.

**FAMILY BOWLING DAY:** Join Emery Lanes and Skoshi Bowl for a dollar a game when parents and children bowl together from 8 a.m. to 11 p.m. A three-game limit may apply.

**PLANET VIBE SUNDAYS:** Join the Rocker NCO Club for jazz with the Doctor from 5 to 8 p.m. followed by Top 40 hits until closing.

**BANYAN TREE:** Join the Banyan Tree Club for R&B in the lounge from 7 until 10 p.m.

**Monday**

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**SALSA DANCE:** Adults can learn how to salsa at the Schilling Community Center from 8 to 9:30 p.m.

**CAKE DECORATING:** Learn the techniques for mastering the basics of cake decoration and have your next birthday cake go from boring to brilliant from 6:30 to 8:30 p.m. at the Schilling Community Center.

**JAPANESE CONVERSATION:** Adults can make friends with their Okinawan neighbors by learning their customs, culture and practical conversation from 7:30 to 9 p.m. at the Schilling Community Center.

**FAMILY BOWLING DAY:** Join the Skoshi Bowl for a dollar a game when parents and children bowl together from 6 to 11 p.m. A three-game limit may apply.

**ROCKER:** Join the Rocker NCO Club for Rock around the Clock with CNote from 7 to 11 p.m. in the lounge.

**BANYAN TREE:** Join the Banyan Tree Club for games and a new jukebox with over 140,000 songs from 7 until 11 p.m.

**Tuesday**

**PAINTBALL:** Paintball is now available at Outdoor Recreation every Tuesday and Thursday from 2 to 6 p.m. All players are required to sign a release and hold harmless agreement. Players under 18 must have a form signed by a parent or legal guardian.

**ABACUS CLASS:** Learn traditional Okinawan math Tuesdays and Thursdays from 4 to 4:30 p.m. or 4:30 to 5 p.m. at the Teen Center for youths ages 6 to 18. Fees include \$35 a month for members, \$45 for non-members, and additional fees for uniforms are required.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**TAI CHI CH'UAN:** Learn the Chinese art of T'ai Chi Ch'uan which involves slow motion moves and routines with numerous benefits to your health in this adult class from 5 to 6:30 p.m. at the Schilling Community Center.

**ROCKER:** Join the Rocker NCO Club for Krazy Karaoke with KJ QTU and LT from 7 to 11 p.m.

**BANYAN TREE:** Join the Banyan Tree Club for Rock It! and a pool tournament from 7 until 10 p.m.

**BANYAN TREE SPE-**

**A first time for everything**



Air Force/Airman 1st Class Stephanie Sinclair Navy Petty Officer 1st Class David Moore, Command Fleet Activities Okinawa, catches a glimpse of his son, Divyesh, for the first time (held by his wife Laxmi Upadhyaya-Moore in Washington D.C.) during a live video morale call at the Air Mobility Command passenger terminal Saturday. Petty Officer Moore is currently TDY to Kadena. Spouses with loved ones deployed can call the Family Support Center staff at 634-3366 to get more information on video morale calls.

**CIAL:** Join the Banyan Tree Club on the patio every Tuesday from 11 a.m. to 1:30 p.m. for a charbroiled 8 oz. rib-eye steak, baked potato bar, corn on the cob, home-made rolls and butter, iced tea or coffee for \$7.95.

**Wednesday**

**JAPANESE CONVERSATION:** Adults can make friends with their Okinawan neighbors by learning their customs, culture and practical conversation from 7:30 to 9 p.m. at the Schilling Community Center.

**TEEN FREE GUITAR LESSONS:** Teen Center members can learn how to play different types of guitar for free from 5 to 6 p.m. at the teen center.

**SALSA DANCE:** Adults can learn how to salsa at the Schilling Community Center from 8 to 9:30 p.m.

**KUMON MATH:** Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**KEYSTONE CLUB:** Make changes and improvements to the Teen Center by being a part of the Keystone Club from 3:30 to 4:30 p.m.

**DEEP GROOVE WEDNESDAYS:** Join the Rocker NCO Club for jazz with the Doctor and Old School with CNote from 5 p.m. until closing.

**BANYAN TREE:** Join the Banyan Tree Club for Request Night with DJ Keli from 7 to 11 p.m.

**Thursday**

**CINCO DE MAYO CELEBRATION:** Celebrate Mexico's independence with Mexican dishes and crafts from 3 to 4:30 p.m. at the teen center. Free to all youth center members.

**TAI CHI CH'UAN:** Learn the Chinese art of T'ai Chi Ch'uan which involves slow motion moves and routines with numerous benefits to your health in this adult class from

5 to 6:30 p.m. at the Schilling Community Center.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**ABACUS CLASS:** Learn traditional Okinawan math Tuesdays and Thursdays from 4 to 4:30 p.m. or 4:30 to 5 p.m. at the Teen Center for youths ages 6 to 18. Fees include \$35 a month for members, \$45 for non-members, and additional fees for uniforms are required.

**PAINTBALL:** Paintball is now available at Outdoor Recreation every Tuesday and Thursday from 2 to 6 p.m. All players are required to sign a release and hold harmless agreement. Players under 18 must have a form signed by a parent or legal guardian.

**NAHA DRAGON BOAT RACE TOUR:** Call ITT at 634-4322 for more information.

**JAPANESE CALLIGRAPHY:** Bring Japanese words to life at this adult class from 6:30 to 8:30 p.m. at the Schilling Community Center.

**JAPANESE CONVERSATION:** Make friends with your Okinawan neighbors by learning their customs, culture and practical conversation from 10 to 11:30 a.m. at the Schilling Community Center.

**RUB-A-DUB REGGAE THURSDAYS:** Join the Rocker NCO Club for reggae with DJ Nate Love from 5 to 8 p.m. followed by Ladies Night with DJ RobSki until closing.

**BANYAN TREE:** Join the Banyan Tree Club for Fired Up Country with DJ TNT from 7 p.m. until 1 a.m.

**May 6**

**GOLF PRO BOBBY LOPEZ VISITS:** The USO and Armed Forces Entertainment will host Bobby Lopez, a PGA Pro, from 10 to 11:30 a.m. at the clinic and 1 to 2:30 p.m. at the Banyan Tree Golf Course driving range. Bobby will do golf clinics, trick shot demonstrations, and meet and greet sessions. The event is free and open to all.

**LAP SWIM:** Exercise by swimming laps from 5:30 to 7 a.m. and 4 to 6 p.m. at the Kadena High School pool. Call Outdoor Recreation at 634-2811 for more information.

**THUNDER BOWL:** Join Emery Lanes for loud music and flashing lights while bowling from 10 p.m. to 1 a.m. Prizes can also be won throughout the night by answering trivia questions and doing other fun things.

**BATH HOUSE TOUR:** Call ITT at 634-4322 for more information.

**KUMON MATH:** Youth ages 5 to 18 can learn how to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

**DE'JA VU FRIDAYS:** Join the Rocker NCO Club for bar bingo in the lounge from 5 to 7 p.m. and variety with DJ Rough Rider from 5 to 9 p.m. followed by First Friday's R&B Party in the lounge until closing.

**FLASHBACK FRIDAYS:** Join the Banyan Tree Club for Flashback Fridays with DJ Zacko from 5 until 10 p.m. followed by the iPartaei Virus and Super Ladies Night.

MOVIES	
Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.	
<b>Keystone Theater</b>	
▲ Today.....	*Beauty Shop, PG-13, 6 p.m.
▲ Saturday.....	*Cursed, R, 9 p.m.
▲ Sunday.....	*Beauty Shop 2, PG-13, noon
	The Pacifier, PG, 4 p.m.
▲ Monday.....	Cursed, PG-13, 7 p.m.
▲ Tuesday.....	The Pacifier, PG, noon
▲ Wednesday....	Cursed, PG-13, 4 p.m.
▲ Thursday.....	*Beauty Shop, PG-13, 7 p.m.
	*Amityville Horror, R, 7 p.m.
	*Amityville Horror, R, 7 p.m.
	Man of the House, PG-13, 7 p.m.
	*Sahara, PG-13, 7 p.m.
<b>Butler Theater</b>	
▲ Today.....	*Sahara, PG-13, 7 p.m.
▲ Saturday.....	*Sahara, PG-13, 10 p.m.
	Son of the Mask, PG, 1 p.m.
	Are We There Yet?, PG, 4 p.m.
▲ Sunday.....	*Sahara, PG-13, 7 p.m.
	Constantine, R, 10 p.m.
	Are We There Yet?, PG, 1 p.m.
	*Sahara, PG-13, 4 p.m.
▲ Monday.....	Cursed, PG-13, 7 p.m.
▲ Tuesday.....	Constantine, R, 7 p.m.
▲ Wednesday....	*Sahara, PG-13, 7 p.m.
▲ Thursday.....	Cursed, PG-13, 7 p.m.
	*Amityville Horror, R, 7 p.m.
* First Run shows are marked by a star	

CHAPEL	
<b>Catholic</b>	
▲ Monday through Friday	: Mass, Chapel 2, noon.
▲ Saturday	: Confession, Chapel 2, 3:30 to 4:30 p.m.
	Vigil Mass, Chapel 2, 5 p.m.
▲ Sunday	: Mass, Chapel 3, 8:45 a.m.
	Mass, Chapel 1, 12:30 and 5 p.m.
<b>Protestant</b>	
▲ Wednesday	: Bible Study, Chapel 2, 7 p.m.
▲ Sunday	: Inspirational, Chapel 2, 8:30 a.m.
	Liturgical, Chapel 3, 8:45 a.m.
	Evangelical, Chapel 1, 9 and 10:45 a.m.
	General Protestant, Chapel 2, 10:30 a.m.
	Gospel, Chapel 3, 10:30 a.m.
	Sunday school, Bldg. 326 & 327, 10:45 a.m.
▲ Hindu service:	Mondays, Chapel 1, noon.
▲ Eastern Orthodox services:	Call 645-7486
▲ Jewish services:	Call 637-1027
▲ Islamic services:	Call 636-3219





## A day at the gym...

(From far left)  
**CHEST PRESS:** Airman 1st Class Devin Leigh, 18th Equipment Maintenance Squadron, strengthens his chest at the Risner Fitness Center Wednesday.

**LEG PRESS:** Senior Airman Nathan Fultz, 18th Communications Squadron, performs leg presses during a recent visit to the Risner Fitness Center.

Air Force photos by Airman 1st Class Stephanie Sinclair

# Risner Fitness Center May schedule of events

## Racquetball Ladder Tournament

Sunday through May 20

Reach your way to the top of the Racquetball ladder by challenging individuals to a friendly competition May 1 through May 20 at the Risner Fitness Center. For more information and rules, visit the Risner Fitness Center.

## Kadena Trim-A-Ton

Sunday through May 31

In an effort to promote a healthier lifestyle for the entire Kadena community, the Risner Fitness Center will kick off the May Fitness Month activities with a trim-a-ton campaign. Individuals willing to take off a few pounds, in an effort to reach the center's goal of losing a ton, must attend an initial weigh-in beginning May 1 through May 4. Final weigh-ins will begin May 1 and must be completed no later than May 31. Forms can be picked up at the Risner Fitness Center. Squadrons may enter and compete against each other. The top three units who lose the most overall pounds will receive a plaque.

## Fitness Challenge

May 6

Challenge Kadena's fittest athletes in a four person timed team event consisting of push-ups, sit-ups, pull-ups and a relay race at 4 p.m. May 6 at the Risner Fitness Center. Participants will complete 200 push-ups, 200 sit-ups, 50 pull-ups, and a 4 x 400 relay-style event. Prizes will be awarded for the top three teams. Sign-ups will be accepted at the fitness front counter until May 4.

## Kadena's Strongest

May 7

Are you Kadena's strongest male or female? The Kadena's strongest competition will be held at 10 a.m. at the Risner Fitness Center. All authorized base users can participate in four different events and three divisions: Men's Heavy Weight, Men's Lightweight, and Women's Open Division. Registration begins at 9 a.m.

## Martial Arts Demo

May 8

See a demonstration on various martial arts available on Kadena from 11 a.m. to 1 p.m. May 8 at the Risner Fitness Center.

## Running Clinic

May 9

A class on "Tips on how to improve your run time" by David Elger will be held May 9 at the Risner Fitness Center.

## Health Fair

May 11

Various health professionals will offer health, nutritional, and fitness information at the Risner Fitness Center from 11 a.m. to 1 p.m.

## Track Event

May 13

Put on your running shoes and submit a five-person

team in a 4 x 400 relay and 40 yard dash at 4 p.m. May 13. Deadline to submit teams is May 11.

## Armed Forces 5K and America's Kids Run

May 14

The Armed Forces 5K Run/Walk will be held at 8 a.m. at the Risner Fitness Center. Register at the Risner Tennis Center at 7:30 a.m. and collect a t-shirt. For more information about the America's Kids Run, call Youth Sports at 634-1384.

## Trek to Okuma

May 14-15

Ride to Okuma at 7 a.m., stay the night, then ride back to Kadena the next day at 7 a.m. A \$25 fee includes a t-shirt, gym bag, sleeping accommodations, pasta dinner and continental breakfast. Two-person tents, coolers with ice, sleeping bags, coupon packages and the movie Breaking Away will be provided. Limited to 40 participants.

## Nutrition and Weight Management Seminar

May 16

A Performance Nutrition and Weight Management Seminar conducted by John Moore, one of Risner's top personal trainers will be held at 9 a.m. May 16 at the Risner Fitness Center.

## Healthy Cooking Display and Taste Test

May 18

Sample healthy foods that truly taste good at the Risner Fitness Center at 2 p.m. Recipes will be available for customers to take home, as well as great prizes from a raffle drawing.

## Basketball Tournament

May 27

A three-on-three basketball tournament and Hot Shot competition will be held at 2 p.m. May 27 at the Risner Fitness Center. Put your teams together

now, deadline for sign-ups is May 26.

## Aerobathon

May 30

A Memorial Day Aerobathon will be held from 8 to 11 a.m. May 30 at the Risner Fitness Center. This three-hour event offers a wide variety of aerobic formats including step, cardio funk, total body conditioning and more. A free t-shirt will be given to the first 70 participants to complete the entire three-hour workout.

## Thin Thursday

Every Thursday in May

Stop by the Risner Fitness Center between the hours of 8 to 11 a.m., or 1 to 6 p.m. every Thursday in May to get a body fat assessment done and see how thin you really are.

For more information about these events, visit or call the Risner Fitness Center at 634-5128. All events are subject to change due to mission requirements.

## Risner and HAWC May activities for Fitness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Trim-A-Ton Weigh-in Racquetball Ladder starts	<b>2</b> T-A-T Weigh-in Tobacco Cessation - noon to 1 p.m. at the HAWC	<b>3</b> T-A-T Weigh-in	<b>4</b> T-A-T Weigh-in Free Chair Massage - 3 to 5 p.m.	<b>5</b> Thin Thursday - 8 to 11 a.m. and 1 to 8 p.m.	<b>6</b> Fitness Challenge - 4 p.m. Free Chair Massage - 3 to 5 p.m.	<b>7</b> Kadena's Strongest - register at 9 a.m. starts at 10 a.m.
<b>8</b> Martial Arts Demo - 11 a.m. to 1 p.m.	<b>9</b> Tobacco Cessation - 4 to 5 p.m. Running Clinic - 1 p.m.	<b>10</b> Doing Good, Feeling Good - 1 to 4 p.m. at the HAWC	<b>11</b> Health Fair - 11 a.m. to 1 p.m. Free Chair Massage - 3 to 5 p.m.	<b>12</b> Thin Thursday - 8 to 11 a.m. and 1 to 8 p.m. Fast Food Facts - 9 to 10 a.m. at the HAWC	<b>13</b> Track Competition - 4 p.m. Commissary Tour - 9 to 10 a.m./HAWC	<b>14</b> Armed Forces 5K - at 8 a.m. America's Kids Run
<b>15</b>	<b>16</b> Nutrition and Weight Management - 9 a.m.	<b>17</b> Healthy Heart - 10 a.m. to noon at the HAWC	<b>18</b> Healthy Cooking Display - 2 p.m. Free Chair Massage - 3 to 5 p.m.	<b>19</b> Nutrition/Fitness 101 - 1:30 to 3:30 at the HAWC	<b>20</b> End Racquetball Ladder Free Chair Massage - 3 to 5 p.m.	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> 3 on 3 basketball tournament - 2 p.m. T-A-T weigh-outs	<b>28</b> T-A-T weigh-outs
<b>29</b> T-A-T weigh-outs	<b>30</b> T-A-T weigh-outs Memorial Day Aerobathon - 8 to 11 a.m.	<b>31</b> T-A-T weigh-outs				